

Shakshuka Chanukah Celebration Concert

Thursday, December 11 at 3:30 pm
JCA Community Room

Celebrate Chanukah with the Crown Center community. While you enjoy jelly donuts, tap your feet to popular and Israeli folk music performed by the Shakshuka band. All are welcome!

RSVP



**Wishing
you a Chanukah
filled with warmth
and light.**

From the Staff and Board
of Crown Center

**Chanukah
Candle Lighting @ Crown**
December 14-21 at 4:00 pm
Staenberg Commons Welcome Desk



Baking with Barb

Wednesday, December 10 at 3:00 pm
Culinary Kitchen

Crown favorite **Barb Bressler** returns to demonstrate how to make cheese ball appetizers along with dessert pecan balls. In this class, participants will enjoy samples and make their own to take home.

RSVP \$2



The Friday Movie Club

Fridays at 2:00 pm
JCA Community Room

Enjoy a Friday matinee with snacks and drinks.

- 12/5: **Karate Kid Legends** (2025)
12/12: **The Martian** (2015)
12/19: **Enola Holmes** (2020)
12/26: **Christmas with the Kranks** (2004)

Chanukah Cookie Decorating

Thursday, December 4 at 3:00 pm
JCA Community Room **RSVP \$2** See Ad

Documentary: Famous Last Words – Dr. Jane Goodall

Monday, December 8 at 2:30 pm
JCA Community Room

The last interviews of cultural icons are kept until after their death. Jane Goodall, the famous primatologist who passed away on October 1 at age 91, shares intimate memories and unpublished stories about her life and scientific work.

Baking with Barb

Wednesday, December 10 at 3:00 pm
Culinary Kitchen in JCA Community Room
RSVP \$2 See Ad

Bell Choir with Troy Jones

Thursday, December 11 at 11:00 am
JCA Community Room

Crown hosts a bell choir in which participants can enjoy making beautiful music with friends and neighbors using handheld chimes; no musical training needed. **RSVP**

Chanukah Concert with Shakshuka

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CHAMP Assistance Dogs

Tuesday, December 16 at 3:00 pm
JCA Community Room



Come spend time with CHAMP's service dogs and experience a brief bit of bliss.

**Documentary: Stand-up Comedy Movie: Your Friend, Nate Bargatz**

Monday, December 15 at 2:30 pm
JCA Community Room

Nate Bargatz tackles pizza-ordering strategies for guys' night, wanting a second dog and relying on his responsible wife.

CHAMP Assistance Dogs

Tuesday, December 16 at 3:00 pm
JCA Community Room

Missouri Botanical Garden: Room With a Bloom

Thursday, December 18 at 1:00 pm
Art Studio

Dave Reindl, Missouri Botanical Garden volunteer, comes to share his gardening expertise, seasonal flowers and his warmth and wisdom. Learn about the flowers he brings and take home a sample. **RSVP \$2**

**Documentary: Listers: A Glimpse into extreme Birdwatching**

Monday, December 22 at 2:30 pm
JCA Community Room

Two brothers on a year-long 'Big Year' competition. They document their journey in a used minivan, traveling across the US to spot as many bird species as possible. This immersive documentary explores the passionate world of competitive birdwatching.

Documentary: Lilith Fair: Building a Mystery

Monday, December 29 at 2:30 pm
JCA Community Room

This documentary explores the 1990s all-female music festival Lilith Fair.



Programs are located in **the Staenberg Commons at Crown Center** and are **at no cost** unless otherwise noted. Consult the video screen upon entering the Staenberg Commons to learn each program's location.

As it gets colder outside, take advantage of Crown Center's indoor fitness opportunities.

FITNESS OPPORTUNITIES

@CROWN

All fitness classes will be in the Weinberg Wellness Center

Forever Fitness

Mondays at 1:30 pm

Join Leigh Cohen for this Senior Chair Fitness Program designed to promote health, happiness, and a sense of community. This program offers a safe and joyful group exercise experience that focuses on balance, strength, cardio, and flexibility – all while having fun, making friends, and creating moments to look forward to. Every session is a step toward a healthier, happier you!

Tai Chi

Tuesdays at 3:30 pm

Experience Qigong Taiji 18 – a gentle yet powerful series of movements for all levels. This flowing form harmonizes breath, body, and mind. Designed to be practiced standing or seated, it helps reduce stress, improve balance, and enhance vitality. The class will be taught by Yan Xie, an instructor dedicated to sharing the beauty, power, and health benefits of this centuries-old art.

Fitness Fun

Wednesdays
12/3, 12/10, 12/17
at 1:30 pm

This 30-minute exercise class, led by AW Healthcare PTA Diane Haudrich, focuses on strength and balance, **all while seated in a chair** if participants prefer. Be energized by background music as you work out with your friends. *AW Healthcare is a home health agency that serves the medical and personal needs of their patients who are of all cultures and nationalities.*

Chair Grooves

Fridays 12/5, 12/12, 12/19 at 1:30 pm

Join Jazz Movement Artist Erin Morris for a fun dance class at Crown Center emphasizing great music and coordination. Explore footwork, rhythms, arm movements, and musical sequences in a fun and engaging way. No experience needed – just come ready to move. No standing or weight bearing required.

◀ Crown hosted the Oasis Jazz Band and swing dancers for an afternoon of music and fun.



◀◀ Crown residents and community seniors celebrated the High Holidays with musical entertainment.

◀ Crown's Garden Society group tended to our raised garden beds during a successful season of growing fresh herbs and produce.

▶ Enjoying Friday morning coffee together



▲ Crown residents were entertained by Wash U students at the Chinese Autumn Festival.



Gladys & Henry
crown
center
for Senior Living

8350 Delcrest Drive
St. Louis, MO 63124-2166

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Thursday, December 4 at 3:00 pm
JCA Community Room

Join the Crown staff for cookie decorating as we prepare to celebrate the holiday of Chanukah.

RSVP \$2

Call us (314) 991-2055 Find us online www.crowncenterstl.org Follow us on

DECEMBER 2025

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Impossible Meat Tacos Fruit 1	Veggie & Cheese Pizza Salad 2 <i>MEAL DELIVERY</i>	Sloppy Joe Fruit 3	Falafel Patties Couscous 4 <i>MEAL DELIVERY</i>	Bagel & Lox Soup 5
Grilled Cheese Soup 8	Impossible Meatloaf Fruit 9 <i>MEAL DELIVERY</i>	Roasted White Fish Soup 10	Lo Mein Soup 11 <i>MEAL DELIVERY</i>	Bagel & Lox Fruit 12
Grilled Salmon Salad 15 <i>Chanukah</i>	Vegetable Lasagna Soup 16 <i>MEAL DELIVERY</i>	Impossible Burger Soup 17	Couscous Salad Fruit 18 <i>MEAL DELIVERY</i>	Egg Salad Soup 19
Impossible Meatballs Fruit 22	Caprese Panini Fruit 23 <i>MEAL DELIVERY</i>	Pancakes & Eggs Fruit 24	Veggie & Cheese Omelet Fruit 25	Tuna Casserole Fruit 26
Egg Burrito Fruit 29	Beyond Bratwurst Sauerkraut Fruit 30 <i>MEAL DELIVERY</i>	Loaded Baked Potato Fruit 31	The Circle@Crown Cafe and the Crown Center office will be closed December 25.	

For Meal Program information, call: (314)991-2055 All meals include a fruit or vegetable and a dessert. **\$5 suggested donation per meal**

Menus are subject to change without notice. Funding for this program is provided by Aging Ahead, Jewish Federation of St. Louis, and Friends of Crown Center for Senior Living.